

“Moringa”

The healing power of Moringa

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Moringa oleifera has been known as the “miracle tree” for centuries in certain African, Asia and Caribbean countries. It is reported to aid in the treatment of more than 300 diseases and chronic conditions. *Moringa* is estimated to have more than 90 nutrients and 46 types of antioxidants, with no known side effects.

That plant *Moringa oleifera* is a shrub with numerous benefits especially in the treatment of human and animal health. Every part of *Moringa oleifera*, including the seeds and roots, are very useful in tackling many diseases. For instance, *Moringa* seeds which have now become a “hot cake” in many African countries as well as in the USA and other Asian countries according to reports, sell for 10 pounds for just 10 seeds.

Even the World Health Organisation (WHO) has undertaken scientific researches on *Moringa* plant, and has come to a conclusion that it is extremely nutritional and medicinal. The benefits have also been documented in some medical and nutritional journals. Little wonder many pharmaceutical companies all over the world are seriously working on the plant to make a fortune from it by extracting its active ingredients to produce drugs for both human and animal benefit.

Some of those nutrients and antioxidants include: Vitamin A – *Moringa* contains four times more Vitamin A and beta-carotene than carrots; Contains more Vitamin C than oranges and higher calcium content than milk; Contains greater potassium count than bananas, as well as large quantities of zinc; Has greater amounts of iron than spinach; Delivers essential amino acids.

Benefits of *Moringa* Helps prevent blindness Builds immune system.

Helps prevent osteoporosis and other bone diseases.

Can reduce risk of stroke and kidney disorders, and improve muscle strength and metabolism.

Effective in the treatment of anemia and low energy levels.

Aids in muscle recovery and sustained overall health.

Moringa has also been proven effective for preventing or treating •Diabetes •High cholesterol •AIDS and other immune-system diseases •Obesity •Bacterial conditions •Liver and kidney disorders •Poor digestion *Moringa flowers* •Flower juice improves the quality and flow of mothers’ milk when breast feeding. •Flower juice is useful for urinary problems as it encourages urination. •In Haiti, villagers boil *Moringa* flowers in water and drink its tea as a powerful cold remedy. *Moringa pods* • If eaten raw, pods act

as a de-wormer and treat liver and spleen problems and pains of the joints. • Due to high protein and fibre content, they can play a useful part in treating malnutrition and diarrhoea. **Moringa seeds** •Its seeds are used for their antibiotic and anti-inflammatory properties to treat arthritis, rheumatism, gout, cramp, sexually transmitted diseases and boils. The seeds are roasted, pounded, mixed with coconut oil and applied to the problem area. Seed oil can be used for the same ailments. •Roasted seeds and oil can encourage urination. •They can also be used as a relaxant for epilepsy. Moringa seeds are effective against skin-infecting bacteria – Staphylococcus aureus and Pseudomonas aeruginosa. They contain the potent antibiotic and fungicide terygospermin. **Lesson from Songhai farms** We took the first batch of agric investors on our agrobusiness excursion to Songhai farms, Portnov, Republic of Benin, last week. The experience at Songhai farms is overwhelming. The Moringa trees in Songhai farms are well over 30,000 stands and they use the leaves primarily to feed the Japanese quails and the egg laying birds. It has been discovered that Moringa fresh leaves in their diet cause egg production increase, and also serve as antibiotics for the birds.

The Moringa leaves are also used for biogas generation. I also feed my grasscutter, rabbits, and dogs with Moringa leaves and powder. Rabbits seem to love Moringa most.

Moringa plants are now being introduced into the USA as the plant gains popularity among health-conscious people. Moringa plants for sale are now a common sight on the Internet. Many people are also raising their own Moringa plantation. With 200 stands on a plot, a farmer is in business. Order for your Moringa seedlings today!

The Moringa plant is among the most useful plant species around the world. As people continue to study and learn more about the Moringa plant, demand for its leaves, seeds, and oil will undoubtedly continue to increase.